WHAT IS CLAIMED IS:

1. A video system comprising:

a system controller module operative to receive and process one or more input signals to provide one or more video files;

an internal fixed storage device operatively coupled to the system controller module, wherein the internal fixed storage device is configured to store the one or more video files from the system controller module; and

an internal removable media storage device operatively coupled to the system controller module, wherein the internal removable media storage device is configured to store the one or more video files from the system controller module or the internal fixed storage device.

2. The video system of claim 1, wherein the system controller module includes:

a tuner configured to receive and process the one or more input signals and provide video information,

a processing module coupled to the tuner, wherein the processing module is configured to receive and process a signal from the tuner and to provide an output video signal, and

a memory unit configured to store the one or more video files.

3. The video system of claim 2, wherein the system controller module further includes:

a decoder coupled to the tuner, wherein the decoder is configured to receive and decode video data from the tuner to provide a decoded file.

4. The video system of claim 3, wherein the system controller module further includes:

a coder/decoder (Codec) operatively coupled to the decoder, wherein the coder/decoder is configured to receive and compress the decoded file to provide a compressed video file suitable for storage to the internal fixed storage device or the internal removable media storage device.

5. The video system of claim 4, wherein the Codec is configured to compress the decoded file in accordance with a particular compression algorithm selected from among a plurality of available compression algorithms.

6. The video system of claim 5, wherein the particular compression algorithm is user-selectable.

7. The video system of claim 1, wherein the system controller module is further configurable to receive and process one or more video files from the internal fixed storage device or the internal removable media storage device.

8. The video system of claim 1, wherein the system controller module is further configurable to capture an interval of a particular input signal and to store the captured data within a video file suitable for replay at a later time.

9. The video system of claim 8, wherein the interval of a particular input signal is user-selectable.

10. The video system of claim 1, wherein the system controller module is further configurable to capture selected sections of a particular input signal and to store the selected sections of a particular input signal within a video file suitable for replay at a later time.

11. The video system of claim 10, wherein the selected sections of the input signal do not include advertisements.

12. The video system of claim 1, wherein the system controller module is further configurable to manipulate sections of a particular video file via a set of functions.

13. The video system of claim 12, wherein the set of functions includes functions selected from the group of functions consisting of cut, copy, paste, or a combination thereof.

14. The video system of claim 1, wherein each video file is stored to the internal fixed storage device as one or more records.

15. A method for storing video data to a storage device, comprising:

forming one or more records implemented as a link list, wherein each record includes a first field for storing an address of a next record, if one exits, and a second field for storing at least a portion of the video data.

16. The method of claim 15, wherein the one or more records are implemented as a doubly-linked list, and wherein each record further includes a third field for storing an address of a previous record, if one exits.

17. The method of claim 15, further comprising:

writing records for a first video file to a first area of the storage device; and

reading records for a second video file from a second area of the storage device.

18. The method of claim 17, wherein the writing and reading functions are substantially performed concurrently.

19. The method of claim 18, further comprising:

synchronizing the writing and reading of the storage device.

20. The method of claim 15, wherein the storage device includes a plurality of platters, each platter includes a plurality of tracks, and corresponding tracks on the plurality of platters comprise a cylinder.

21. The method of claim 20, further comprising:

reading records for a first video file from a particular track on a first platter of a particular cylinder; and

writing records for a second video file to a corresponding track on a second platter of the particular cylinder.

22. The method of claim 20, wherein each track includes a plurality of sectors, and wherein each record is stored to one or more sectors on one or more tracks.

23. The method of claim 22, wherein each record is partitioned into one or more sections, and wherein each section is stored to a respective sector of the storage device.

24. The method of claim 22, wherein the one or more sections for each record are implemented as a doubly-linked list.

25. The method of claim 22, wherein each record is stored as a selectable number of sectors of the storage device.

26. A video recording storage system, comprising:

a media content delivery system;

a first switch, coupled to the media content delivery system;

a second switch including a cable modem termination system, wherein the second switch is coupled to the first switch;

a block splitter, coupled to the second switch and the cable modem termination system;

one or more cable modems, wherein the one or more cable modems are coupled to the block splitter;

one or more personal computers, coupled to the one or more cable modems, respectively; and

one or more displays, coupled to the one or more personal computers, respectively.

27. The video recording storage system of claim 26, further comprising a cable modem and a PowerTV operating system inside a commercially available system.